

# Hawaii MARINE SPORTS

HAWAII MARINE C SECTION

SEPTEMBER 7, 2007

## Raise 'em up



Lance Cpl. Regina A. Ruisi

Micah Taylor won the Hawaii Championship Wrestling's "European Challenge" Saturday at the ballroom at Kahuna's Recreation Center. Taylor, a former Marine who grew up on Marine Corps Base Hawaii, was one of eight local, professional wrestlers who entertained families, service members and civilians at the first HCW match at Kahuna's since 2004. See next week's issue for full coverage.

## Learn to sail, surf or just let loose at K-Bay Base Marina

**Ken Griffin**

*Managing Editor*

Ever dreamed of sailing? The Base Marina has everything you need, along with a knowledgeable staff, to make your sailing dreams come true.

If you've ever looked out across Kaneohe Bay and wished you were on one of the graceful sailboats out there, gliding across the water, you're not alone, according to Neil Morgan, Marina manager. Morgan says he's here to let everyone know you don't need a boat, a big budget or even experience to conquer the ocean.

"Regardless of your experience level, you'll be sailing by the first day," said Morgan, who's worked at the Marina for 19 years. "We grow sailors from the ground up, teaching them all the basics. We start out with knots and move all the way up to captaining the boat."

Morgan said prices are rarely an issue, and vary according to rank.

"Not owning a boat or having a lot of money to fool around with would normally get in the way, but not here," Morgan said. "I'd like to see more people take advantage of the lessons and boats we provide, because it's truly a great opportunity and something the whole family can enjoy."

In addition to sailing lessons and sailboats, the Marina also offers a long list of outdoor activities and water sports. Bill Collector Charters is available for deep sea fishing excursions, where fishermen can catch Mahi Mahi, tuna and other prized gamefish.

Customers can also find skiing, power boating, scuba diving and windsurfing.

"Besides sailing, windsurfing is something I think more people should look into," Morgan said. "Just like sailing, we give customers everything they need to have fun on the water here — including proper safety requirements and instruction, which are important."

The Marina also has an impressive selection of outdoor equip-



Lance Cpl. Brian A. Marion

Marcus Major, S-3, Headquarters Company, 3rd Marine Regiment, right, waves farewell as he and his friends head out to the sandbar for the afternoon, Wednesday, at the Base Marina. The marina has boats ranging from the 10-person pontoon boats down to the one-person kayaks.

ment. They'll rent everything you need to fish, surf, bodyboard and go camping. They also have supplies for unit parties, such as party tents, barbeque grills and ice chests.

"You generally see a lot of Marines and other people taking advantage of the Marina, but at times I've heard people say 'I didn't even know there was a marina on base,'" said Ed Hanlon, public relations coordinator, Marine Corps Community Services. "So, I think everyone should know about it — if everyone knew about the opportunities and services out here, Neil might never get to go home in the evenings!"

According to Hanlon, the Marina is one of many places aboard Marine Corps Base Hawaii where Marines and Sailors can

bring their families for fun activities all week long.

"You'll find a putt-putt golf center next to the golf course now; we have swimming pools, community events . . . and if you just feel like hanging out and not doing physical or outdoor activities, you can always visit one of

the clubs," Hanlon said. "Any way you look at it, Hawaii and specifically the base here has a lot of unique opportunities."

For more information on the Base Marina or what they offer, call 254-7667. For more information on MCCA activities, visit <http://www.usmc-mcca.org>.



Christopher Young, IPAC, takes the ball downcourt for an attempt to close the lead HSL-37 held the entire exhibition basketball game, at the Semper Fit Center, Friday.

## HSL-37 beats IPAC

**Story and Photos by  
Pfc. Achilles Tsantarliotis**

*Combat Correspondent*

Helicopter Squadron Light 37 defeated Headquarters Battalion "IPAC" 36-25, in an exhibition basketball game Friday, at the Semper Fit Gym.

Headquarters showed early signs of carelessness as they struggled with shooting and passing against HSL-37's cohesive defense and dominating rebounds, and HSL-37 capitalized with solid rebounding and teamwork.

"They came pretty strong," said Christopher Young, small forward, IPAC. "They started aggressively and were making too many rebounds against us. We need to start watching our passes."

Despite IPAC's efforts to get back in the game during the first half they continued to struggle and HSL-37 scored effortlessly with IPAC's futile defense, ending the first half, 21-14.

*See GAME, C-2*

## MCBH ready to take championship next year, 2008

**Pfc. Achilles Tsantarliotis**

*Combat Correspondent*

Marine Corps Base Hawaii has always had a competitive softball team, yet next year's the year for the "Hawaii Marines" to bask in a glorious victory at the West Coast Conference Tournament, said Miguel Rodriguez, head coach and pitcher.

"We have a solid core of players even though about half were 'rookies' and haven't participated in a regional tournament before," Rodriguez said. "We have a lot of time to play and grow as a team 'til next year's season and we shouldn't have a problem taking the tournament next year."

The Hawaii Marines placed third out of seven teams this season, losing to second place Marine Corps Base Camp Pendleton, and first place Marine Corps Air Station Miramar during the championship tournament at Camp Pendleton Aug. 20-23.

"We had a 5-3 record," Rodriguez said. "We lost two games to Pendleton and one to Miramar, then we won five games in a row."

The Hawaii Marines will focus their practice on last minute, situational plays, said Michael McMahon, assistant coach, second basemen and outfielder. Those "clutch" plays, like hitting with two outs left or catching the ball for the last out, kept the team from winning, he said. With plenty of time to work on the team's weakest areas, next year's tournament will be theirs.

"We work great together," McMahon said.

This was McMahon's first year on the team, but he has experience from coaching

*See CHAMP, C-2*



Photo illustration by Lance Cpl. Brian A. Marion

The Base Marina offers several choices of water activities, to include: snorkeling, kayaking, wakeboarding, boogie/body boarding, fishing, and water skiing. The marina also rents out boats for people feeling adventurous.



## Ongoing Sports Briefs

### Parents for Fitness

The Parents for Fitness Program is a cooperative babysitting effort available at the Semper Fit Center, here for all active duty service members and their families. The PFFP participants are required to volunteer babysit three times per month and is open for children 6 weeks and older.

For more information, contact Dana at 235-8901.

### Deep-Sea Fishing Charters Offered at Base Marina

Fishermen searching for convenient access to deep-sea charters need look no further than the Base Marina. Bill Collector Fishing Charters offers numerous charter packages accommodating up to six passengers.

Avoiding the traffic and crowd of Oahu's South Shore, Bill Collectors charters fish from the uncrowded waters of Windward Oahu.

For more information or to charter the Bill Collector, contact the Base Marina at 257-7667 or 254-7666.

### Campground and Picnic Sites

For picnic and campsites, Marine Corps Base Hawaii offers some of the most scenic beaches on the island.

Three of those beaches, Pyramid Rock, Hale Koa and Fort Hase, are available by reservation from dawn to dusk. Hale Koa Beach is available for overnight camping, but requires a reservation.

For more information, contact 254-7666 for Kaneohe or 477-5143 for Camp Smith.

### Okinawa Kenpo Karate

Every Tuesday and Thursday, join Youth Activities' contractor for Kenpo Karate Kobudo classes from 6 to 7:30 p.m., in Building 1391, located behind the old 7-Day Store.

Adults and children are welcome. Cost is \$35 for adults, \$25 for children, and \$20 for additional family members.

For more information, contact Youth Activities at 254-7610.

### Paintball Hawaii

Nestled behind the Lemon Lot stands Paintball Hawaii. Shoot over for great deals and have a blast with your friends.

Cost is \$25 per person and includes one air refill, equipment and the field fee. The field is open weekends from 9 a.m. to 5 p.m.

For more information or to schedule an appointment, call 265-4283.

### K-Bay Lanes

K-Bay Lanes offers economical entertainment Mondays through Thursdays. All E-1s to E-5s pay \$1.75 for games and .50 cents to rent shoes.

For more information, contact K-Bay Lanes at 254-7693.

### K-Bay Lanes Color Pin Special

Every Wednesday, when you roll a strike and a colored pin is in the headpin position, you can win up to three free games of bowling. All patrons are welcome to take advantage of this deal. If you make the play, you win!

For more information, contact K-Bay Lanes at 254-7693.

### Personal Trainers Available at Semper Fit

For those looking to get into a tailored exercise regiment, or just looking for good advice on weight management and weight control, the Semper Fit Center offers free personal training consultation.

You can schedule an appointment with a trainer who will take body-fat measurements, blood-pressure and heart-rate readings.

They will do all this and tailor a program, based on your physical needs and ambitions.

For only \$5 per workout, a professional trainer will actually work with you to ensure maximum efficiency.

Pick up a personal training appointment card at the Semper Fit Center now.

For more information, contact the Semper Fit Center at 254-7597.

### Semper Fit Center Offers Array of Group Exercise Programs

Semper Fit Center announces a new and expanded aerobics program. These new classes include a variety of workouts.

The class schedule for Fridays is as follows:

**8:45 to 10 a.m.**  
Step Challenge

**11:45 a.m. to 12:15 p.m.**  
Gut Cut

**4:45 to 5:45 p.m.**  
Cycling

**5:45 to 6:45 p.m.**  
Pilates

**7 to 9 p.m.**  
Aikido



Chris Dixon, HSL-37, faces off against Christopher Young, IPAC, during an exhibition game Friday, at the Semper Fit Gym.

### GAME, from C-1

“We’re getting stupid,” said Wendell Wilson, HSL-37, to his teammates. “Stop passing when the guy’s covered, those turnovers are killing us.”

The second half of the game began with an phenomenal fade-away shot that Chris Dixon, small forward, HSL-37, made by charging and shaking off a defender while another

player leapt to make the block. He delayed and “swished” it, adding to the comfortable lead, 29-19.

IPAC refused to let up and with fierce determination they grew more aggressive in the key, and were completing more passes and assists.

With the timer running out and a victory for HSL-37 pending, Wilson made a shot with perfect form. As he released it followed a perfect arch

hitting nothing but net and closing the difference to HSL-37, 36-25.

“We really gel well as a team, we know who’s cutting and where to find them,” Dixon said. “We try to be as dominant under the hoop as we can and take possession whenever we see an opportunity, like a wild pass or a rebound. That’s what leads us to win; our record [8-1] speaks for itself.”

### CHAMP, from C-1

and playing in various intramural leagues.

“We have a young team and everyone pulled together and came out strong,” he said. “We have a great defense, it pretty much held us through the tournament. We just need

to work a little on batting and making those crucial plays. We had a lot of newer guys, and they should be much more capable and confident next season.”

The Hawaii Marines took third in the tournament, but they’re far from hanging up the glove this year.

“We’re taking the team and going to play in the town intramural leagues,” McMahon said. “This is going to be a great opportunity to practice and learn to work better as a team, a chance to work on those small problems that held us back last season.”

The next tournament

pits the services against each other in a single elimination tournament Sept. 10-13, at Fort Shafter.

“We’re real confident about the Armed Services Tournament; the only contenders are the Air Force and Army, but we shouldn’t have a problem,” Rodriguez said.

# Stay in the game

## Know, use your basketball safety basics

### Ann Wells

LIFELines

### Equipment and Court Safety

- ◆Use recommended safety equipment, such as elbow and knee pads or protective eyewear. A finger to the eyeball can be mighty painful.
- ◆Have a complete first-aid kit, including cold packs, available at all games or practices, whether it's formally scheduled or a casual pickup game.
- ◆Players should follow the guidelines and rules set by the coach, and parents should make sure the coach is discouraging pushing, shoving and fighting during games or practices.
- ◆For younger players, consider using smaller, softer balls.
- ◆Look for well-padded walls or poles under the backboard, even in a casual game.
- ◆Make sure the court is clear of debris and has boundaries that are well marked and are a safe distance from walls, fences and other obstructions.
- ◆Court rules should be visibly posted.
- ◆Know the teams medical provider and the extent of medical or first-aid service available on site. Determine if phone service and/or emergency transportation is available from the game location.

### Work Up to It

Of course, you're tempted to begin your new basketball regimen at full throttle, but don't. Instead, take time to prepare your body. Begin an exercise routine at least six weeks before official practice starts.

Remember, pain can indicate injury. If you or a family member experiences pain while playing or practicing, tell the coach or see a medical provider. If you have a child or teen player, encourage them to tell you or the coach about pains they may be experiencing. (And be very clear with a child's coach that you don't want your child to be told to "walk it off" or "work through it" or "no pain, no gain.")

### Player Preparation

- ◆Warm up and stretch completely before playing and after extended breaks. Risk of injury increases when muscles are cold.
- ◆Drink plenty of water or a sports drink before, during and after practices and games, especially in hot weather.
- ◆Take care of your feet — make sure shoes fit properly

and aren't worn out. Wear socks, dry between your toes and be sure to address athletes foot, plantar warts and other foot problems immediately.

- ◆Remove all jewelry before the game starts.
- ◆Don't chew gum while playing or practicing.
- ◆Maintain muscle strength, endurance and fitness levels throughout the year. Don't forget your upper body — spaghetti arms might hinder your playing prowess.
- ◆Take time for a good cool-down after the game — this will bring down your pulse and help prevent muscle stiffness.
- ◆Avoid playing games with players who are drunk or high.

### Injuries

Despite safety precautions, injuries will occur. Basketball players are particularly prone to sprains and strains in the ankle and foot area.

A sprain is an injury to the ligament that connects bones, and can range from merely stretching the ligament to a full tear. A strain is a pulled muscle.

Symptoms for both sprains and strains vary from mild to severe pain and bruising, limited movement and swelling or bulging at the site of injury. With a sprain, you may hear a pop-

ping or snapping sound at the time of injury and you might experience some numbness or tingling.

Mild cases can be treated at home or by a qualified team medic or trainer. To treat a mild sprain or strain, try using some RICE — no, not the fluffy white kind, but:

- R — Rest
- I — Ice
- C — Compress
- E — Elevate

Elevating the leg and a cold compress will help reduce swelling. Severe cases require a doctors attention or serious long-term side effects could result.

Other foot and ankle injuries include broken or dislocated bones, tendinitis (inflamed tendons) and muscle cramps. Less common, though potentially game-ending injuries include blows to the head or eye area and injuries to the lower back, hand and wrist.

Injuries involving bones, joints, head trauma or eye trauma should be evaluated by a doctor. If you're not sure what type of injury you have, play it safe and see a doctor.

Basketball is the fourth leading cause of injury in team sports. You'll have more fun as a player than as a recuperating injured player. Take a few precautions and stay in the game.



# SPOTLIGHT ON SPORTS

## — SPORTS BRIEFS —

### Holokiki O’Alele Half Marathon and 5K Races

The Holokiki O’Alele Half Marathon and 5K races are Sept. 9 at 6 a.m. in Kailua. The races benefit the Boys & Girls Club of Hawaii Windward Clubhouse, where civilian and military youth can enjoy a fun, positive atmosphere. For more information, contact Susan Friedl at 255-7811.

### Take a Shot at Hunger

The 36th National Hunting and Fishing day is Sept. 22 and 23 from 10 a.m. to 4 p.m. at the Koko Head Shooting Range. Bring canned food or cash donations for the Hawaii Food Bank. For more information, contact the Hawaii Hunter Education Program at 587-0200.

### Win prizes at USO's Base Race

The USO and various sponsors are presenting the 8th Annual Base Race Series Event Sept. 22 at Ford Island. The 10k race is at 7 a.m. and the 5k is at 8 a.m. You can win door prizes, including a neighbor-island getaway and more. Race forms are available at [www.usohawaii.org](http://www.usohawaii.org). For more information, call 836-3351.

### Women’s Beginning Golf Program

The Kaneohe Klipper Golf Course will host a Women’s Beginning Golf Program every Saturday, Sep. 22 to Oct. 20. Participants will learn basic golf skills and the ability to quickly improve. No equipment is required for the program; however, space is limited to 15 people. Register at the Kaneohe Klipper Golf Course Pro Shop. For more information, call 386-3500.

### Free Lifeguard Classes

Interested in a career in water safety? Marine Corps Community Services is hosting a free Lifeguard Certification Class Friday, Sept. 7, and again Saturday, Sept. 8, from 9 a.m. to 5 p.m. at the Camp Smith Swimming Pool. Class space is limited. For more information or to register, call 254-7655.

### Tackle Football

Teams for tackle football are still needed. Interested commands call Joe Au at 254-7597.

### Commanders Cup Bowling League

Commanders Cup Bowling League’s first night of bowling is Sept. 10 at 6 p.m. Cost is \$8 per week per bowler plus yearly sanction fee: men \$20 and women \$17. The season runs through April 14, 2008, and the award banquet is May 5, 2008. Teams are mixed foursomes. You must be 18 or older to join, and live or work on Marine Corps Base Hawaii. Awards are given for team placement as well as individual men and women’s awards. K-Bay Lanes is looking for people who want to have a good time. Grab your co-workers, spouse, next door neighbors or a couple of friends and put a team together. For more information, call Deborah Bruns, manager, K-Bay Lanes, at 254-7664.

### Women’s Softball

The Women’s Softball team meets every Thursday at 6 p.m. at Annex Field. The team is still looking for players. For more information, call Joe Au at 254-7597.

### Varsity Basketball Coaches

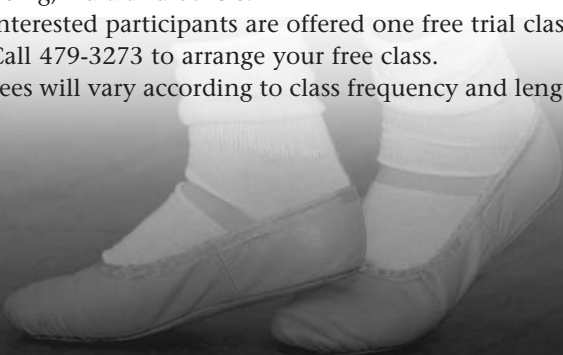
Varsity Men’s and Women’s Basketball coaches are needed. Applications are being accepted. For more information, call Joe Au at 254-7597.

## Upcoming Intramural Football Schedule

<b>Sept. 12</b> 6:30 p.m.	MAG-24 vs HQBN
<b>Sept. 13</b> 6:30 p.m.	CSSG-3 vs CAMP SMITH
<b>Sept. 19</b> 6:30 p.m.	CSSG-3 vs HQBN
<b>Sept. 20</b> 6:30 p.m.	MAG-24 vs CAMP SMITH
<b>Sept. 24</b> 6:30 p.m.	CSSG-3 vs MAG-24
<b>Sept. 26</b> 6:30 p.m.	<b>at Camp Smith</b> HQBN vs CAMP SMITH
<b>Oct. 3</b> 6:30 p.m.	MAG-24 vs HQBN
<b>Oct. 4</b> 6:30 p.m.	<b>at Camp Smith</b> CAMP SMITH vs CSSG-3
<b>Oct. 10</b> 6:30 p.m.	CSSG-3 vs HQBN
<b>Oct. 11</b> 6:30 p.m.	MAG-24 vs CAMP SMITH

## DANCE MOVEMENT — ACADEMY AND — K-BAY GYMNASTICS

Dance and Gymnastics classes are available for youth between the ages of 1 and 18. Classes are held Monday through Saturday and encompass areas of interest such as Team Gymnastics, Cheerleading, Tumbling and Trampoline, Jazz and Tap Dancing, Hula and others. Interested participants are offered one free trial class. Call 479-3273 to arrange your free class. Fees will vary according to class frequency and length.



## 2007 Intramural Basketball Standings

TEAM	WINS	LOSSES
TERROR SQUAD	11	1
HSL-37	9	1
CAMP SMITH	9	2
3RD MARINE REGIMENT	8	3
MESS HALL	7	5
MCAF 1	6	5
VP-4	6	6
MCAF 2	5	6
IPAC	4	7
MALS-24	4	8
VP-9	3	9
3RD RADIO BN	3	9
CSSG-3	1	10

Standings as of Sept. 4

## — BASE POOL HOURS —

The base pool offers a water slide, diving boards and a kiddie pool for the keiki.

**Summer hours:**  
*Open swim*  
Tuesday through Thursday 1 to 6 p.m.  
Saturday and Sunday 12 to 6 p.m.

*Adult Lap swim*  
Tuesday through Thursday 11 a.m. to 1 p.m.  
Saturday and Sunday lanes available 12 to 6 p.m.

*Water Aerobics*  
Tuesday and Thursday 11:30 a.m. to 12:30 p.m.  
Saturday 10 to 11 a.m.

The pool is closed on Mondays. For more information, call 254-7655. Summer swim lessons are now available for infants to adults. Lessons are open to all active duty, family members and DoD employees. For more information, call Dino Leonard at 254-7655.



# Family activities on a military budget on, off-base

**Kelli Kirwan**  
*LIFELines*

Being on a budget, even a tight one, doesn't mean you have to sacrifice quality family time. A little creativity, some advance planning and your enthusiasm are often all you need to create good family memories.

**Things to Do at Home**

If the weather outside is frightful, don't think the TV or video games are the only ways to beat boredom:

- ♦Family picnics - Have lunch on a colorful blanket in the family room. It's amazing how an indoor picnic makes a peanut butter and jelly sandwich taste much better.
- ♦Build a city - Chairs and blankets transform any rainy day into a magical kingdom in anyone's home. Once it's built, have lunch and story time in your new world. If it's dark outside, take flashlights into your tent, and have yummy snacks and campfire stories.
- ♦Games - Card games, board games, or indoor hide and seek keep boredom at bay.
- ♦Bake a memory - Bake with your children, and help them enhance their math and reading skills. Plus, you all get a tasty reward for your efforts.

**Take It Outside**

- When you play together as a family, you not only create family unity, but wonderful teaching moments for parents. Set time aside and take it outside.
- ♦Camping - If you don't have your own gear, check with Marine Corps Community Services to find out what you can rent at minimum cost. Also get a list of MWR or MCCS-run campsites, cabins, beach cottages and other recreational facilities located all over the country.
  - ♦Use your parks - Local parks offer oppor-

tunities to picnic (from a full-on Sunday fried chicken dinner to a snack of granola bars or home-made cookies) and play (badminton, Frisbee or plain old catch). Walk on the beach or by a river, feed the birds or chipmunks, hike in the woods or ride your bikes around — you'll promote fitness and find that it costs very little to spend quality time with your family. Tuck some treats in your fanny pack, stop for ice cream on the way back, or have popcorn and apples when you get home.

**Look Where You Live**

- Many towns offer museums, festivals, recreation areas, and other activities at little or no cost. Look for an entertainment paper or a city's Web site to find out what's offered in your area.
- Take advantage of stores and shopping malls. Window-shopping with your children teaches them prudent purchasing and frugality, and helps you create the perfect birthday or Christmas wish list. Children learn you don't have to buy every time you go to the store.
  - Check out surrounding towns. With a little budgeting, weekend trips are a refreshing change of pace and can offer your family a mini-vacation.

**On Base and ITT**

Discounts on movies, theme parks and other events are available at the ITT ticket office on base. And most bases offer other activities for your family such as bowling

- alleys, movie theaters, stables, pools and boat marinas. There are often lessons offered for different activities for both youth and adults at a reasonable cost.
- Reading Time**  
Choose a good book or a short story to read as a family. Use different voices or act

- out some of the scenes. A love of literature is a wonderful legacy to leave to your children. Your local librarian is a valuable resource to help select your first reading adventure.
- No matter what you do, do it with enthusiasm and you'll be building close relationships and warm memories for the most important people — your family.



File photo



# Snack foods helpful for daily diet

**Press Release**  
*American Association of Retired Persons*

Many people think snacks are junk food, though it doesn't have to be that way. Snacking can be part of a balanced diet. Eating small portions between meals provides your body with energy to keep you going throughout the day.

Some other benefits of snacking:

- ♦Healthy snacks provide fiber and nutrients your body needs.

- ♦You can curb the feeling of hunger or starvation right before a meal, which prevents overeating. Snacking may help you eat smaller portions and reduce your calorie intake.

- ♦Though individual calorie needs vary, your body needs fewer calories as you age.

- ♦Eating smaller meals more often may help you stay on track.

Try to keep your snack portions small and less than 250 calories. Spacing out meals and snacks can help prevent weight gain. The nutrition facts label on packaged foods will help you figure the calo-

ries and nutrients in one portion size.

More foods are now being packaged in single serving portions, making it easier for you to keep track of how much you're eating. But you still want to be careful about what kinds of food you choose to snack on!

Sugary and fattening sweets like cookies and candy lack nutrients. Many salty foods – like chips – can dehydrate you. These foods should be eaten in moderation.

For healthy and filling snacks, try:

- ♦Fresh or frozen fruit, or a handful of dried fruit, such as raisins.

- ♦Raw vegetables – carrots, celery, red and green pepper – cut and portioned in small plastic bags. Try filling celery with peanut butter or low-fat cottage cheese, or dipping your vegetables in low-fat dressing.

- ♦A whole wheat English



File photo

muffin with apple butter and a cup of herbal tea.

- ♦A slice of angel food cake with non-fat whipped topping

- ♦Whole-grain crackers (could be topped with cheese or peanut butter).

- ♦Non-fat cottage cheese or yogurt with honey.

- ♦A handful of nuts, dried fruit or trail-mix (or make your own mix by buying the ingredients you like.

- ♦Hummus on whole-wheat pita-bread.

- ♦A smoothie (blend nonfat milk or yogurt with fruit).

So forget the bag of chips or

candy bar and reach for a handful of nuts and raisins. You'll get extra fiber, vitamins and minerals, all for about 50 calories.

With proper portions and healthy food choices, snacking can enhance, rather than hurt your diet.



Blues on the Bay  
**Air Show**  
with  
the  
**Blue Angels**  
October  
**13-14, 2007**  
**MCBH**  
**Kaneohe Bay**



# Around the Corps

## Iwakuni Marines aim high, hit mark during Inter-service Rifle Championships

**Story and Photo by  
Lance Cpl. Noah S. Leffler**

*MCAS Iwakuni*

**MARINE CORPS AIR STATION IWAKUNI, Japan** — Whether they work in a warehouse, office or airplane hangar, all Marines are riflemen, trained killers ready to drop their pens and pick up an M-16 at a moment’s notice. Two Headquarters and Headquarters Squadron marksmen here proved this by representing the air station and Marine Corps during the Inter-service Rifle Championships at Marine Corps Weapons Training Battalion, Quantico, Va., July 17-24.

Gunnery Sgt. Christopher J. Geraci, weather forecaster, and Cpl. Esteban M. Ramirez, air traffic controller, contributed to the Far East Team’s first-place finish in the Commanding General and Marine Corps Infantry Trophy Team Matches.

“We didn’t win any individual awards, but we were shooting against the best,” Geraci said. “The competition is pretty high out there.”

Geraci was a natural fit for the position on the Far East Team. An avid hunter since boyhood, the St. Louis native parlayed his love of shooting into a 16-year career in the Marine Corps.

“This is something I enjoy doing,” he said. “Competitive shooting is just a plus for me.”

Ramirez, who joined the Far East Team as a last-minute fill in, gained the vote of confidence of Capt. Mike J. McCoy, Indoor Small-Arms Range officer-in-charge, who recommended the 20-year-old Marine take the empty seat.

“He’s a very good shot. He’s got a lot of potential as a shooter and he’s a good Marine,” McCoy said. “I knew I could send him to the hardest competition in the military and not have to worry about him.”

The Marines’ journey to the inter-service matches began at the National Rifle Association’s Virginia State Regional Tournament. There, Geraci and Ramirez had a chance to get familiar with the match M-16s they would use in Quantico.

According to Geraci, the match M-16 is about four pounds heavier than the regular service rifle and offers more sensitive trigger and sight settings, which allow shooters to achieve tighter shot groupings at greater distances.

“It’s equivalent to what you would find basically on a civilian M-16,” he said.

Although the match M-16 took some getting used to, first-time tournament shooter Ramirez was hitting black in no time.

“We got lucky being able to shoot the NRA matches,” Ramirez said. “We’d never [Battlesight Zeroed], so we used that as an opportunity to BZO.”

“The cool thing was there were a lot of civilians there, and they’re really active. They like to help you out and give you pointers,” the Shidler, Okla., native added. “That’s what really helped me out. There was competitiveness, but they really like to share

their knowledge. A lot of them were retired military, so I met some great shooters.”

With a better handle on their weapons the Marines headed to Quantico with victory in their sights. Throughout the seven-day championship, contestants shot from the 200, 300, 600 and 1,000-yard lines, while combating hot weather and some of the finest competition in the U.S. armed forces.

“When you’re laying there for a long time in the prone while the sun is beating down on you, man, you start sweating a lot,” Ramirez said. “We had [shooting] jackets on too, so it was pretty intense.”



**Gunnery Sgt. Christopher J. Geraci, weather forecaster, Headquarters and Headquarters Squadron, stands with his shotgun on the Iwakuni flightline.**

For Geraci, a difficult but rewarding aspect of the competition was firing from double the longest distance of normal Marine Corps rifle qualification.

“One of the coolest things is shooting 1,000 yards with

an iron sight on an M-16,” Geraci said. “You just don’t realize how far that is until you’re out there looking at it. You can barely read the number boards.”

Geraci and Ramirez’s placing in the tournament is testament to not only H&HS but the air station’s encouragement of retaining those skills invaluable to every Marine.

“We’re very fortunate because the command endorses this type of thing,” said McCoy.

“We don’t have a rifle range here, but it shows with the right amount of skill and the right perspective, a little training can go a long way,” he added.

Geraci, a two-time Operation Iraqi Freedom veteran, agrees, adding that the enemy doesn’t care about a Marine’s Military Occupational Specialty in combat.

“The case in point right

now is in Iraq,” Geraci said. “It doesn’t matter what your MOS is. Whether you’re on a convoy or flying, every Marine has a rifle and the potential to use it at any time.”

